

The Role of Home Gardens in Enhancing Household Food Security: A Case Study in Waratanna Grama Niladhari Division

P.A.G.S.K. Ariyawansa*, T.W. Bandara

University of Peradeniya, Peradeniya, 20400, Sri Lanka
**a17038@arts.pdn.ac.lk*

In light of the growing worldwide challenges to agriculture and food supply, this study focuses on the role of home gardens in enhancing household food security. It evaluates the effects of home gardens on food security while concentrating on the geographical aspect of the man-environment connection about home gardening. The conceptual framework illustrates the vital connection among home garden products, food production, household consumption, and income generation, emphasizing their crucial role in bolstering food security. The study investigated the impact of home gardening on household food security in the Waratanna Grama Niladhari Division. The random sampling method was used to select samples. Data was collected through questionnaires and observation, and both qualitative and quantitative analysis methods were employed. Qualitative data revealed food production and consumption from home gardens, while quantitative data analyzed the Pearson Correlation Coefficient and income. The analysis was descriptive and statistical. The selected gardens included diverse plant species, while livestock integration in them was less common. The vertical structure of home gardens includes five strata, which aid in planning and designing functional gardens, contributing to household food security. The study highlights that home gardening serves as the primary food source for households, providing staple foods such as vegetables, leaves, fruits, herbs, and spices. Moreover, home gardens significantly contribute to household income, offering fresher and healthier food options and helping reduce food costs. Spices emerge as the most profitable crop. Pearson Correlation coefficient shows the relationship between species, livestock and land size. Species and land size have a positive correlation (0.285) but livestock and land size have a negative correlation (-0.962). The study highlights the significant role of home gardening in enhancing the quality of life for families by ensuring food security and increasing the income and recommends scaling up and expanding the programs of home gardening.

Keywords: Food security, Home gardening, Household income, Spices